



Shining a Light on Broadmead

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Broadmead, Cockeysville, MD

Summer 2021

Faster Internet for residents is coming

By Victoria Bragg

If you can't stream, Zoom, or search fast enough on the Internet, help is on the way. Broadmead is negotiating with Comcast to provide improved, reliable Internet to residents. Features will include not only increased speed but also a significant change in how the Internet is delivered to you.

Let's take speed first. Internet speed is measured in Mbps (megabits per second): how much content (megabits) can be downloaded to you per second during Internet activity. Download speed is what most people are concerned about. For reference, FCC guidelines specify a minimum speed of 25 Mbps for downloads. George Pattee, Director of Capital and Master Planning, is contracting for a consistent download speed of 100 Mbps. This is considered "fast" Internet and, in practical terms, is powerful enough for streaming videos, playing games, and participating in video chat meetings.

How this "fast" Internet will be delivered to you is as important as the increased speed. To understand why requires a little bit of Broadmead history.

Six years ago, the current Broadmead Wi-Fi was installed across the campus with connections for residents and guests. This was a progressive investment for Broadmead and consistent with technology practices at that time. However, residents have simply outgrown this system, which provides a pool of Internet capacity distributed across the campus. Residents who rely on Broadmead Wi-Fi draw on that capacity when they connect to the Wi-

Fi, and how much they use depends on what they're doing. Consequently, your satisfaction with your Wi-Fi speed is determined by how much capacity is available when you sign on. If many of your neighbors are consuming capacity at the same time you want to, you are likely to experience a slow Internet.

To ensure a more reliable Internet, each Broadmead residence will soon have its own dedicated 100 Mbps service. Your speed will no longer be affected by how many other residents are logged on. A sure bonus for many: your printer will be assigned to your residence connection so your neighbor's tax forms will no longer print on your printer.

In advance of the contract with Comcast being signed, Broadmead has authorized Comcast to begin work on the back-end infrastructure for the project. George anticipates that modem installation could begin within two months.

Some specific details are addressed below.

How will the Internet connection to each residence be accomplished? Comcast will install a modem in each residence. Computers, printers, and other devices within that residence will connect via Wi-Fi to that modem.

I don't know anything about modems. How will my electronic devices be connected? Broadmead and Comcast will work together to ensure that your devices are connected correctly.

Do I have to deal with Comcast? No. Broadmead is negotiating all aspects of this Internet service through its bulk sales

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Banner photo by Erroll Hay

Faster Internet *(continued from page 1)*

agreement with Comcast. This agreement currently delivers your TV service and will be changed to include Internet. The modem installation will be similar to the TV cable box installation two years ago. The modem will be owned by Broadmead.

I currently contract Internet service from Comcast and already have a modem. Can I switch to this Broadmead service? Yes. To do so your current modem will be disconnected. If it is a Comcast modem, Broadmead will arrange to return it to Comcast. A different modem, which will be owned by Broadmead, will be installed in its place.

What is the cost of the new service? There is no charge to residents.

What other speed options are available with the new Broadmead service? The Broadmead service provides one option: one modem delivering 100 Mbps to each residence.

What security does the new Broadmead service provide? There is no special security inherent in the new Broadmead service. You will choose passwords for your electronic devices, including your router, just as you do today. Residents are cautioned that you may need to install additional software to protect financial transactions or other sensitive data.

Can visitors connect to my Internet service? If you allow it and share your passwords, visitors can connect to your Internet service.

Tara Anania named inaugural Employee of the Year

Text and photo by Jackie Mintz

Employed at Broadmead only since July 2019, Tara Anania has made such a positive impact that she was selected Employee of the Year. This award, made for the first time this year, is open to all non-exempt employees and is given to an employee who gives “exemplary customer service and goes above and beyond the call of duty.” The winner is selected by the Executive Leadership Team from the 12 Employees of



the Month. The Employee of the Month is nominated by staff and residents. (See box.)

Residents may know Tara from the reception desk, where she worked until the COVID-19 lockdown. When the pandemic began, she volunteered to sit in the bus on north Copper Beech Lane, checking people entering the campus, taking their temperatures, and delivering groceries dropped there by supermarket delivery services. Tara worked in the Mail Room operation as well, sorting and distributing mail delivered by the Postal Service.

In addition to her work at Broadmead, Tara has an externship for the medical assistant program at Fortis. Upon completion of the 180-hour field placement, expected in August, she will qualify to be a certified medical assistant. Her ultimate goal is to become a registered nurse.

Tara's attachment to working at Broadmead is evident. When queried whether, if a medical assistant job became available at another employer, she would apply for it, her answer was an emphatic “No!”: she would wait instead for something to open up at Broadmead. Asked what she likes about working at Broadmead, she cites the sense of family and the warm and supportive relationships between and among staff and residents. “This creates a bond that would be difficult to break,” she explained. Tara has also been appointed to the Executive Advisory Committee, the committee of staff members that meets with the Leadership Team and provides staff perspectives on policies and workplace culture.

Born on a small island off the coast of Chile, Tara was adopted by Peter and Alisa Anania and grew up in Frederick, MD. She went to New Market Middle School and Westminster High School. She lives in Reisterstown with her partner, Chaz Baker, and their five-year-old daughter, Chloe.

Employee of the Month

Residents can show their appreciation for specific employees by nominating them for the Employee of the Month program.

Nominations must be received no later than the third Monday of each month. Nomination forms and instructions are available at the Reception Desk.

Annual BRA Meeting

By Libby Champney

On June 7, BRA President Dave Harley welcomed residents to the annual BRA meeting and introduced Rob White, Board of Trustees Chair, and CEO Robin Somers. Dave then proceeded to give the president's report on the past year. He described 2020-21 as "awful": COVID, ongoing construction delays, the Center shut down—no ceramics, no movies, no Barn Sales, sharply reduced opportunities for interacting with other residents, the death of 42 residents, and then cicadas. Nevertheless, he said, the BRA has flourished: welcoming 107 new residents, raising \$80,000 for the Employee Appreciation Fund (with 74% of residents contributing), revising the by-laws, and providing hospitality to integrate new and old residents.

Dave expressed appreciation to Carol Glowacki, who put together the booklet "What We Do," and to Joe Nietubicz, who has archived old Voice issues and resident profiles. Lucy Wright, Stan Wilson, Bruce Russell, and other volunteers reorganized the Greater Barn Sale, while Duffy Mathias sold furniture off-site. David Champney took over the wood shop, which is now open for repairs of residents' furniture. And the Voice was published on time during the pandemic, with profiles of new residents. The long list of achievements ended with the death and "resurrection" of the bees, who contributed \$1,000 worth of honey, all of which was sold.

Rob White discussed the sale of the Benson property across York Road, which had been purchased to provide an easement for the new entrance. The trustees and Broadmead administration have determined that the property is not suitable for development.

Robin Somers thanked everyone for their cooperation and support, hailing a "new normal." A community-wide celebration is planned for July 4. All new construction will be completed within a year, the pool will re-open in early July, and we should be eating together once again, hopefully in September.

Current Events

With Barry Rascovar

Six Thursdays: July 8 — August 12
3:30 to 5:00 p.m.
Zoom links will be provided

Men's Social welcomes John Mattingly and Alfred Berkeley

By Sidney M. Levy

The Men's Saturday Social met in April via Zoom and welcomed new residents John Mattingly and Al Berkeley. Roger Karsk introduced them to the more than 30 residents joining the session.

John explained that his career was focused on assisting disadvantaged children find a productive life. He worked in the juvenile justice system in Pittsburgh and at the Annie E. Casey Foundation in Baltimore and then moved to New York, where he became Commissioner of the Administration for Children's Services. John talked about the chaos he faced in developing leaders who would be able to take on the task of helping disadvantaged families and their children overcome both physical and emotional problems. Finally, he came back to Baltimore, returning to the Annie E. Casey Foundation.

Al's life's work was in the financial industry. He joined Alex. Brown & Sons, where he remained for 24 years. Al was an early adopter of computer technology and spoke of his interest in developing computer software for this industry. He left Alex. Brown to become President and then Vice-Chairman of NASDAQ, helping to develop a computer literate workforce. His knowledge of computer security led him to serve three presidents on the National Infrastructure Advisory Council. Al is still involved in computer security issues.

New Arrivals

Frank and Marie Kupres

May 18, R-16, 443-578-8234

Peggy Fowler

May 19, A-13, 443-578-8226

Lydia Clement

May 25, C-13, 443-578-8208

Connie McCulloch

May 25, R-6, 443-578-8649

Peggy Bandelin

June 1, Y-102, 443-578-8528

Newcomers to join BRA Board of Directors

By Kathleen Truelove

Several residents who arrived at Broadmead within the past year have been elected to positions on the BRA Board of Directors. This is surely an indication of how well recent arrivals are not just moving to a new residence, but joining the community.

Marsha Howes will become the second vice president. The York resident said that moving did not feel like a huge transition, since she and Bill Hakkarinen, her husband, had lived in the area for 30 years. Marsha has enjoyed walking all over the campus, taking photographs along the way, which she has shared on the resident listserv. She joined the BRA Board, she said, because she wanted to be involved in the community.

Bill Hardy, who will serve as associate treasurer, has been treasurer of other organizations, though he says he is not by profession "a money guy." He sees the Board as a way to learn what's going on at Broadmead and a way to meet people. Bill expressed sympathy for the "old timers," who have endured the full extent of the construction, the first part of which the Hillside Homes residents missed.

Leslie Glickman, who will become associate secretary, working with Karen Meadow, has experience in writing and editing. She is joining the Board to learn more about the BRA, to participate actively in the Broadmead community, and to share her skills. She moved to Cluster G on a cold December day, feeling overwhelmed for many reasons, but despite the pandemic's restrictions, cluster neighbors reached out to bring greetings and treats to welcome her.

Michael Yaggy, another new G cluster resident, was succinct when asked why he agreed to take on the job of activities coordinator. His wife, Nora, he said, wanted him out of the house and involved in an activity. Elaborating a bit, he added that serving on the Board will expose him to much about Broadmead, and he can share in discussions about how to take advantage of Broadmead's opportunities and deal with its challenges.

Jen Hobbins is new to Broadmead as a resident, but this will be her third involvement with the Broadmead Board of Trustees, having previously served as a member. She will become a BRA representative to the Board of Trustees, serving alongside Ann Heaton.

Linda Koch, the new cluster coordinator, is not a newcomer to Broadmead. She has been cluster representative for Cluster A and has enjoyed keeping residents connected with each other during the pandemic. She hopes that as cluster coordinator she can foster interaction among the clusters in the way she did with her Cluster A neighbors. She can be reached at 410-802-5519.

The war on weeds continues: Thistle and wild onion

By Mary Ellen McMillin for Buildings & Grounds Committee



Control of invasive weeds on our campus is a continued focus of the Buildings and Grounds Committee. Last year's articles in *The Voice* covered hairy bittercress (April), stiltgrass (May), and creeping Charlie (June). (The back issues of *The Voice* can be found on Caremerge under The Voice tab.)

Generally described, a weed is any wild, vigorous plant growing where it is not wanted. Residents can enhance the efforts of Broadmead's Grounds crew by identifying and removing young weeds. Eliminating growth in cluster gardens prevents the proliferation of these invasive plants. It is also helpful to remove them along the perimeter road and in wild areas.

Thistle is a major nuisance in some garden areas because of the thorns on their stems and leaves. It is critical to manage thistle plants before they bloom because their prolific seeds (thousands in each pod) are spread over a large area.

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Weeds *(continued from page 4)*

Thistle plants are difficult to remove because they have a long taproot. The best way to handle a few plants is to cut each plant down to the ground repeatedly until the root system weakens from lack of nutrients. Use gloves and caution to protect from thorns when dealing with thistle plants. Larger garden infestations of thistle must be managed by Broadmead Grounds personnel; please report the problem to the Maintenance Office.

Wild onion and wild garlic, both in the Allium family, emerge early in the season from bulbs established in prior years. The long, narrow, pointed leaves begin showing up in gardens and hillside areas in March and mature by June. If not controlled, these bulbs multiply and crowd out desirable plants. If you are unsure of identity, just crush a leaf and sniff. Control of wild onion and garlic is difficult because pulling on the stems generally does not remove the bulb, which just sends up new shoots and continues to grow. Digging out the bulbs is the best solution. This is not too difficult when the soil is loose and moist.



Photo by Kathleen Truelove.

Garden plots still available

By Libby Champney

Dosia Laeyendecker, who co-chairs the garden committee with her husband, Hyko, reports that the garden plots have

thrived since they were moved last year from their former home in what is now a construction area. Dosia credits Grounds Manager Linnette Kanitz with doing a "great job." The grounds crew amends the soil and turns it yearly, and an effort is made to banish lingering pieces of glass that sometimes appear. Some residents choose to add their own amendments, such as composted cow and horse manure, both of which have produced excellent results. Weeds, of course, are ongoing competition for the desirable plants residents put in and want to grow.

Twelve new plots were added this year, with a few yet to be claimed. Also, old frames have been rebuilt. In addition to the vegetables, many of which are accompanied by flowers, there are two full plots of dahlias. These belong to the Flower Committee, on which Dosia also serves. When residents are once again allowed into the Broadmead Center, the fresh flower arrangements will return, along with flowers on the dining tables in the Holly Terrace and the Magnolia Room.

The vegetable plots themselves are true works of art this year, with their beautiful shapes, arrangements, and colors: green kale with stabs of red rhubarb, ferny tomato plants, purple and pale green lettuces, hot pink zinnias, sunny yellow marigolds. They are a treat for the eye as well as for the palate.

Broadmead's newest poodles arrive

By Kathleen Truelove

Jax, a small apricot miniature poodle, selected his adopted brother Rio, also an apricot miniature poodle, from a dog lineup when Rio was one and a half years old. Jax had left his first family at that same age because he found their four young children too rowdy to suit him. They were nice people, he recalled, but not for him. Jax then chose Betty Legenhausen, a widow who provided the kind of low-key, dignified life he wanted. Peri, the other poodle in residence, died about a year after Jax moved in. That's what took Betty and Jax to the dog lineup.

The dogs are companionable, and each knows that he is Betty's favorite. Both enjoy the dog park at Broadmead and interacting with other especially Phoebe Harley and Tulip Boytim. With Jax and Rio weighing in at 9 and 11 pounds each, Betty says she has 20 pounds of poodle.



Jax and Rio.

Photos from Betty Legenhausen.

Broadmead Welcomes

Charles “Zan” Baughan, Y-208, 443-578-8542
zbaughan@yahoo.com, February 2021

Zan Baughan's entire professional career was at the Johns Hopkins University Libraries. Starting with a part-time filing job when he was in high school, he spent 45 years working in or supervising almost every department. His most consequential job was in 1964, when he supervised the planning committee that consolidated 11 of Hopkins' libraries into the new Milton S. Eisenhower Library. The libraries had



been scattered throughout the campus in individual academic departments, and the move to consolidate them met resistance from the faculty, who were used to having libraries in their own departments.

When asked if he ever met Milton Eisenhower, who was the president of Johns Hopkins and for whom the library was named, he said “many times,” partly because his mother was a good friend of Eisenhower's secretary. Zan retired in 2000 as the Library's assistant director. According to Zan, he loved all of his posts, but he particularly enjoyed working for Hopkins when it was small and he was able to get to know most of the faculty, staff, and students. His interactions with students, both graduate and undergraduate, were his favorite part of the job.

Born in Clifton Forge, VA, Zan moved with his family to Baltimore when he was five years old. He grew up in the middle of the Hopkins neighborhood, where his mother, who was head of housing at Hopkins, had an apartment. A graduate of City College, Zan attended Hampden-Sydney College in Virginia and received his undergraduate degree at Loyola College in Baltimore. He then attended the master's program in administrative sciences at Hopkins.

Zan moved to Broadmead from Towson with his wife, Sharon. He liked hunting geese and ducks and playing golf, both of which he has had to give up, but he still enjoys fishing with several Broadmead residents.

Text and photo by Willy Sydnor

Sharon Baughan, Y-208, 443-578-8542
zbaughan@yahoo.com, February 2021

Sharon Baughan is through and through a Hopkins person. Like her husband, Zan, she spent her entire professional career at Johns Hopkins, where she worked for 35 years in various administrative positions, ranging from the Dean's Office to the Registrar's Office to student employment, including serving as the director of Career Counseling. Most of her work was in student services, which she greatly enjoyed. She retired in 1998.



Volunteering at Gilchrist Hospice has been and continues to be an important part of Sharon's life. She has volunteered for their Christmas Galas, covered the Towson inpatient unit front desk and given tours to families. She has also worked in various administrative offices there.

Born in Richmond, VA, Sharon and her family moved to Baltimore when she was less than a year old. Growing up in the Northwood neighborhood, she went to Mount St. Agnes High School and then to college at Villa Julie (now Stevenson University). She continued her education at the Johns Hopkins evening college when she started to work at the university.

Sharon and her husband, Zan, were married 51 years ago. They lived most of their married life in the Wiltondale neighborhood of Towson.

Sharon enjoys playing pinochle and hopes to find like-minded fans at Broadmead. She also likes visiting friends and relatives, especially on the Eastern Shore. She looks forward to reconnecting with Hopkins friends who live here at Broadmead.

Text and photo by Willy Sydnor

Broadmead Resident Email List

To join the Broadmead resident email list: Send an email to: brabroadmead@gmail.com

To join the Broadmead Business email list:
Send an email to
joen1234@comcast.net

(Do this also if you change your email address)

Patricia Ban Sobkowicz, R-7, 412-337-3439
Patsob1@verizon.net, April 2021

A Hoosier by birth and upbringing, Pat Ban was born in Gary, IN and raised in Hammond. Pat met Paul Sobkowicz through mutual friends, and they were married in 1958. Pat worked to help Paul earn his electrical engineering degree at Purdue in West Lafayette, IN. After he graduated, they traveled with his work for five years, sightseeing in the areas around his job sites. They settled in Pittsburgh, where they lived for 35 years.

Pat worked for more than 32 years in a variety of positions. She worked in community relations and then as assistant editor of Inland Steel's newsletter. Later she worked for 22 years in the guidance office at North Allegheny Senior High School, which all three of her sons attended. After retiring in 2003, she ushered at the Pittsburgh Public Theater, which gave her the opportunity to see every play produced there.



Pat and her husband shared a lifelong love of travel, including Hawaii, Florida, and many other states, Europe, Australia, New Zealand, and time shares in Aruba and Hilton Head, SC. Pat's favorites are Italy and the National Parks.

Pat and Paul moved from Pittsburgh to Fredericksburg, VA, to be near their grandchildren. Paul died two years ago. Their son Thomas and his family (including two grandchildren) had moved to Phoenix, MD, so Pat decided to move to Broadmead. The other two sons are Michael, who lives in the Minneapolis area, and Scott in Wyckoff, NJ, along with Pat's other two grandchildren.

In addition to travel, Pat enjoys exercise, sewing, reading, movies, and theater.

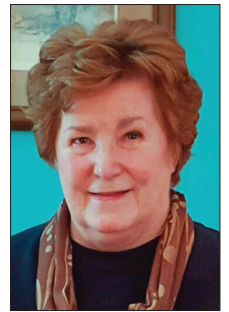
Text and photo by Kathleen Truelove



*Sita Smith found this robin family in her cluster J garden.
Photo by Gay Block*

Nora Cherubin, R-14, 410-236-5848
ncherub@comcast.net, May 2021

Nora Cherubin's path to her new home at Broadmead started when she fell and re-broke her ankle at the Sparks Post Office, just down the road from her Loveton Farms condo. Following surgery, she spent five months in rehabilitation at Hallowell, where she says she received excellent care. Nora was so taken by Broadmead that she put herself on the waitlist for a garden home and was delighted when the wait was brief. However, since one of the main attractions for her was the food at Broadmead, Nora was devastated when, upon arriving, she read in *The Voice* that the menu was going meatless. She recovered when informed that the article was part of the April Fool's issue.



Before Loveton Farms, where she lived for over 30 years, Nora lived in Pikesville with her husband, Charles, until his death in 1987 from lung cancer.

As a young child, Nora lived in Homeland but spent several years abroad with her family because her father was in the State Department. They lived in the Philippines and then in Italy before moving back to Washington, DC. Nora attended Montgomery Junior College and graduated from the University of Maryland, College Park, where she majored in French.

Nora held many different positions, ranging from teaching French and also English as a second language to a series of jobs in Ocean City and in a variety of businesses in the Baltimore area, from sales and administration at Cross Keys to several non-profit housing organizations and agencies, to Graul's Market and Walmart. Her final job was working at Milford Manor, a now defunct nursing home in Pikesville.

Nora loves cooking and reading cookbooks, although the recovery process from her ankle surgeries has limited the cooking part. She also enjoys managing her investments and reading on her collection of Kindles.

Text and photo by Willy Sydnor

Broadmead Welcomes *(continued)*

Monteece Jones, D-6
443-578-8290, May 2021

The Baltimore City public schools are where Monteece Jones spent her whole career, starting as an elementary school teacher in 1969. In 1974, she was transferred to a school in East Baltimore in the city's effort to desegregate the schools. Under that program, all newly hired white teachers were assigned to Black schools and all newly hired Black teachers to white schools. Each morning, all teachers had to submit a roster of the class, listed by race. Monteece's list was always 35 to 1, the single Black person being herself.



Monteece earned a master's degree in counseling and became a guidance counselor at Chinquapin Middle School. From there, she moved to Western High School, where she served as a guidance counselor for almost 30 years until her retirement in 2014. Monteece relished working with the students at Western, who came from a wide range of backgrounds, from families that were homeless to those where the parents were professionals. One student, whom she remembers vividly, came from a significantly deprived background, but by virtue of her academic achievements received a full scholarship to Princeton and then went on to obtain a doctorate from Stanford University.

Born and raised in Baltimore, Monteece is herself an alumna of Western High School and obtained her bachelor's degree from Bennett College in Greensboro, NC. Her master's degree in guidance counseling is from Johns Hopkins University.

Monteece moved to Broadmead from her house in Randallstown, where she had lived for 35 years.

Traveling is a favorite diversion, especially day trips to New York to take in Broadway plays. She has visited the Virgin Islands, Hawaii, California, and Canada, as well as places in Europe.

Monteece is devoted to exercise programs, including tai chi, chair yoga, and water aerobics.

She looks forward to participating in the variety of programs at Broadmead.

Text and photo by Jackie Mintz

Constance McCulloch, R-6, 443-578-8649
Cam5913@gmail.com, May 2021

Connie McCulloch is at Broadmead because her sister, Peggy Fowler, is already here and persuaded Connie that Broadmead would suit her, too. After just one week in her new home, Connie agrees.

A native of Marietta, Georgia, Connie graduated from the Woman's College of Georgia in Milledgeville (now Georgia College). Her mother's family lived in Baltimore, so Connie and her mother moved north to be near them.

Connie started a career in retail as an executive trainee at Hutzler's department store, rising to buyer before leaving after 14 years. She spent the remaining 34 years of her career in museum retail. For seven years, she managed shops at the Smithsonian, from the Air and Space Museum to all of the shops in the American History Museum. She was then offered the job of retail manager at the shop on the grounds of Mount Vernon, a job that entailed 600 miles of commuting each week. After seven years, she was recruited to be the retail manager at the White House Historical Association, an apolitical non-profit, whose mission is the preservation of the White House and its collections. This was her favorite job; she worked there for 20 years, retiring in 2015.



Connie moved from her home of 54 years on Bellona Avenue in North Baltimore, which she had shared with her mother. Accompanying Connie at Broadmead are her two cats. Raven, 11, is a black longhair she rescued as a kitten in her yard, and she adopted Allie, 13, a gray and white shorthair, as an adult from Lucky Cat Rescue.

Hobbies Connie enjoys are reading, travel, and counted cross stitch. She has traveled many times to England and to continental Europe, including Russia. Her latest passion is river cruising in Europe.

Text and photo by Kathleen Truelove

Broadmead Briefs



On May 6 the Hospitality Chairs gathered to honor Cynthia Ballard (left) for her many years as coordinator for BRA Hospitality. Also pictured is Mary Ellen McMillin. Cynthia was presented with a painting by Carolyn Murphy. Photo by Bobbie Cook

Fridays at one: Remembering George Floyd

By Gwen Marable

A year ago, after the death of George Floyd, Robin Somers, Broadmead's CEO, sent residents a letter asking them to "make a difference." Jennifer Maraña, Vice President of Diversity, Equity, and Inclusion, suggested that people go outside their clusters every Friday at 1 p.m. for a moment of silence, followed by conversation with neighbors. When the summer heat came, many attended on Zoom. Some newer residents joined, too.

Conversations were started in response to prompts, often in chat rooms. One regular participant said, "We have formed a 'beloved community,' giving each other strength, hope, and encouragement."

Join the conversation and make a difference.

Squirrel neighbors relocated

By Kathleen Truelove

After seeing the squirrel traps around the Broadmead campus, a follow-up with Joyce Malone was in order. Joyce provided the following update.

Each fall and into winter, our squirrel neighbors begin to mate and then, in late winter (usually around March), they attempt to find warm places to make nests and have their babies. Broadmead is surrounded by woods that are teeming with squirrels. Our squirrels have become creative in the ways they try to gain access to buildings. For their homes, they like covered walkways, attics of resident homes, and common spaces within the Community Center.

In an effort to control this nesting process, Broadmead engaged two pest control vendors, one of whom specializes in squirrel trapping. Traps were set strategically, based on where activity had been detected. Eighty squirrels were trapped and were simply relocated to another location, away from Broadmead.

This is a common practice for communities that have wooded acreage around their property lines. Efforts will continue again next March to ensure that residents enjoy the wildlife that remains outside of their homes rather than inside them.



One of the squirrel traps placed around the clusters. Photo by Erroll Hay.



Another contribution to the "benching of Broadmead" is this one, made for cluster R by one of its residents, John Burton, seen here with wife Lynda and their dog Maisy. Photo by Kathleen Truelove

Mental health for older people

By Jackie Mintz

For various reasons, many older adults are not aware that the distress and pain they may be experiencing are symptoms of a mental health disorder. Those disorders usually go untreated because of negative stigma or the confusion of mental health symptoms with other conditions or medication side effects. In fact, on average, 20 percent of Americans experience a mental illness in any given year, and nearly half have a chance of experiencing a mental illness at some time during their lives.

To help residents understand the importance of identifying mental health issues and to offer suggestions for resources, the BRA Health Care Committee sponsored, in April and May, a series of sessions on “Mental Health in Later Life,” conducted by Kim Burton, former director of older adult programs at the Mental Health Association of Maryland. The sessions included lectures and small group discussions on mental health in later life. This article summarizes some of the material from the lectures and also an interview with Burton.

Depression is not a normal part of the aging process, but many people wrongly believe that it is. In fact, most older adults report greater satisfaction in life than do other age groups. What is normal are conditions and circumstances that elevate the risk for a mental health problem, including chronic health conditions, the use of medications, sleep problems, pain, the loss of loved ones, threats to autonomy, life changes that are unwanted, and feelings of loss or disempowerment.

Mental illnesses are real and are treatable, with most people experiencing full recovery. Left untreated, mental health problems can worsen existing health conditions. Older adults should regularly get a mental health screen (a short list of questions that takes just a few minutes to answer) and, if indicated by the screen, an assessment (more extensive testing by a mental health professional, primary care provider, or social worker). Specialized geriatric screening and assessment tools should be used for older adults. The most common mental health disorders in later life are depression and anxiety.

Mental health problems and dementia share many symptoms, such as difficulty focusing, concentrating, planning, solving problems, and making decisions. Dementia is not a normal part of aging, and other conditions, such as sleep apnea, depression, medication side effects, and head injuries may produce dementia symptoms. Because some of these causes are treatable, it is important to get an accurate diagnosis.

Older adults are the fastest-growing demographic in need of treatment from substance use disorders, most often alcohol abuse. Several age-related changes make older adults more vulnerable to the negative impacts of alcohol use, especially dependency and addiction. Also, the recommended alcohol limits are lower for older adults compared to younger people because of their decreased ability to metabolize alcohol.

While most older adults get mental health treatment from their primary care providers, those providers are usually not well educated in dealing with mental health problems. Geriatric mental health professionals exist and are the most knowledgeable about late-life mental health issues and needs.

Medication should not be the first line of treatment. There are many other things to try first, such as dietary changes, exercise, and resolution of sleep problems. Medication helps the brain to function as it should by correcting or mitigating brain problems, but it does not solve problems outside of the brain. It is important, therefore, to use other strategies in conjunction with medication to support positive coping skills, resiliency, problem solving, and optimal life transitions.

Medications themselves can contribute to mental health problems. For example, some commonly prescribed medications can cause depression or have sedating side effects, and these effects are amplified by the use of alcohol.

A helpful guide to resources is the book *Mental Health for Older Adults*, which can be obtained without charge from the Mental Health Association of Maryland by calling 443-901-1550, ext. 210. It can also be downloaded from their website at <https://www.mhamd.org>. Scroll down to “Resources” and click on “Older Adults.”



The old salad bar is hauled away. Photo by Kathleen Truelove

TRANSITIONS

**A support group for life's changes
Led by Kim Burton**

Pilot program beginning in June
5 weeks via Zoom, 10—11 a.m.
Limited to 10 participants

To register or for more information,
contact Jan Starr, 443-578-8276



In Memoriam

Laura Waschler

July 7, 1924 — April 27, 2021

Louise Hager

December 15, 1923 — May 13, 2021

Jean Matthews

October 26, 1929 — May 5, 2021

Alice Christensen

March 30, 1931 — June 3, 2021

Residents are reading . . .

The Vanishing Half is a novel by Brit Bennett. At age 16, twin sisters Desiree and Stella Vignes disappear from their hometown of Mallard, Louisiana. Their great-great-grandfather, a formerly enslaved man, had established a community for other formerly enslaved people on land inherited from his white owner. Each generation produced increasingly lighter-skinned residents: residents who were never accepted as white but were never considered Black either. In New Orleans, the sisters found new lives. Desiree married the darkest-skinned man she could find and eventually returned with a daughter to Mallard. Stella disappeared, “passed” as white, and raised a daughter. Brit Bennett weaves the lives of the sisters and their respective daughters into an examination of “passing” that includes race, gender, and the right to make life choices different from one’s origins.

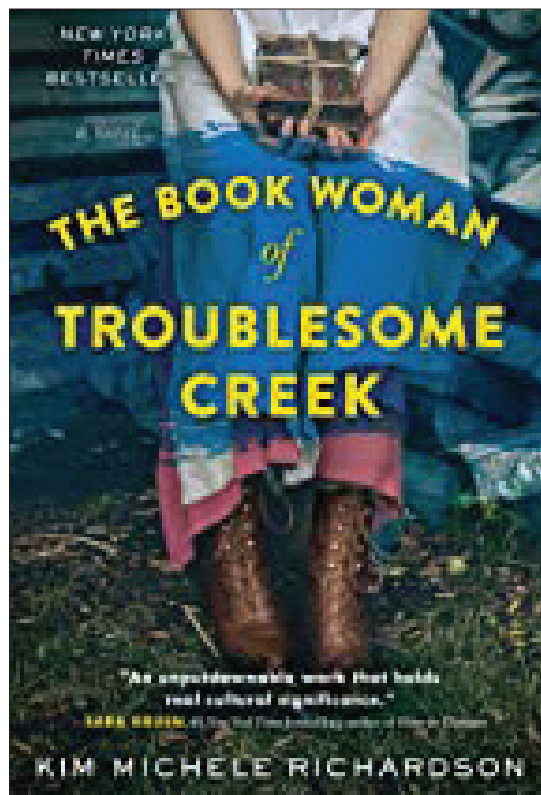
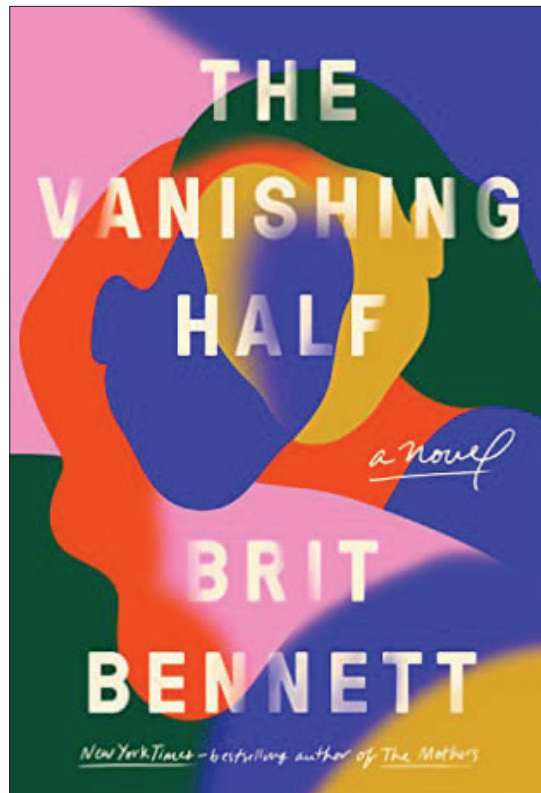
—Elsa Collins

The Book Woman of Troublesome Creek by Kim Michele Richardson was inspired by the little-known WPA Pack Horse Library Project, which served remote regions in the Appalachian Mountains of Kentucky between 1935 and 1943. Cussy

Mary Carter, her mule laden with bags of books, some carefully chosen for particular clients, faced dangers every day from animals, severe weather, treacherous trails, and other people. She was harassed by people who feared and hated books and by those who hated her blue skin, which was caused by a rare genetic enzyme deficiency found among members of an extended family in the Troublesome Creek area. The librarians, mostly women, provided not just books to their patrons; they read to them, brought mail, taught reading, and brightened the lives of lonely, isolated people. The book is a fascinating look at life in depression-era Appalachia and is filled with factual information about the WPA library project and the blue people of Kentucky.

—Ann Hunter

The Island of Sea Women, a novel by Lisa See, begins in 1938. It chronicles the story of the women of Jeju, a Korean island that became a steppingstone in the Japanese invasion of China. In 1945, Jeju was used by the Americans in preparation for an invasion of the Japanese mainland. For centuries, the women of Jeju had developed excellent free diving abilities so they could collect mollusks, seaweed, and other edibles from the sea floor. Creating specific breathing techniques that expanded their lungs, they provided a livelihood for their families. The



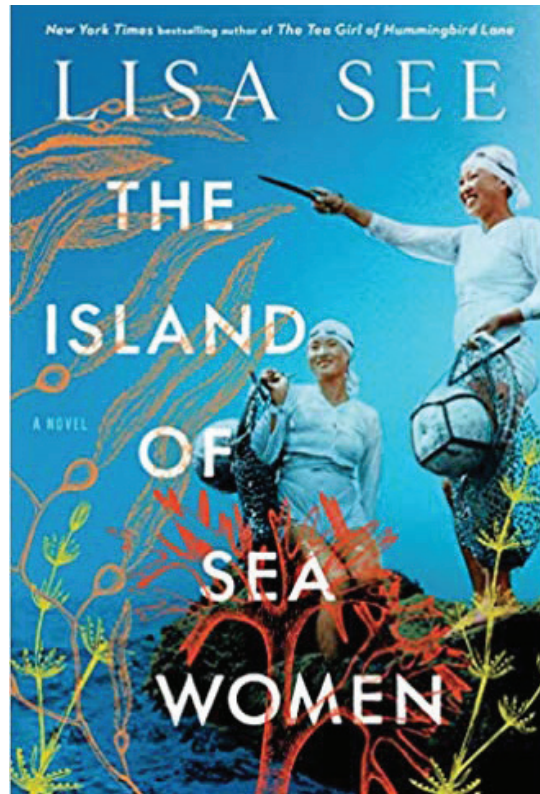
men cared for the children and prepared food. Each village had a group of divers, known as the haenyeo. The story follows the lives of two divers. They were close as young women but took different paths as they matured and faced trials and sorrows. This is a fascinating read.

—Barbara Pour

A. B. Yehoshua, sometimes called the Israeli Faulkner, should be read more widely. He has a considerable range, from the stunning *Mr. Mani*, which tells the 200-year history (backwards and through one-sided conversations) of a Sephardic family that ends up in Jerusalem, to *Journey to the End of the Millennium* (a ship's journey

to Europe in 999 A.D.). But most of his novels are contemporary and deal with family relationships. Yehoshua writes with wit and sympathy and has a wide range of characters, including Israeli Arabs and Palestinians. His latest novel is *The Tunnel*. The main character is a retired civil engineer who is showing symptoms of dementia. Nevertheless, at his wife's urging, he becomes attached to an official mission to consider the building of a tunnel through a hill in the Ramon Crater, a desolate former ocean bed. The hill turns out to be inhabited.

—Del Sweeney



The Ramon Crater, Israel

What we learned from the pandemic

I have learned to be more thankful for my good health. Attitude adjustment has also been important to learn during this time.

—Gay Block

The Zoom family happy hour has been such fun that we will continue doing it. The challenge is finding the optimal time for participants from Santa Fe to Edinburgh. When is it too early for an adult beverage and how late can a college student stay awake? (Very late, actually.)

—Kathleen Truelove

The pandemic put our family into close contact because we Zoom together weekly from four continents. One of my grandsons teaches at the University of Aberdeen, Scotland, and we rarely communicated before Covid. Now he can tell me about walking to a beach that I never knew existed. I am hoping to organize a national conference—attendees who would have been unable to afford to travel will be able to join us virtually.

—Sue Baker

While recognizing that I miss the Community Center for meals with friends and other activities, I have to say that the pandemic has not affected us terribly. Compared to the millions of people who have lost their jobs, their homes, their health, their loved ones, I have been blessed with the continuation of my safe, healthy, and delightful life here at Broadmead. I am thankful for that.

—Francine Nietubicz

Learned during the pandemic:

- A deeper appreciation for our administrators and staff.
- Being alert to our neighbors and their possible needs.

- Increased interest in our gardens and the pleasure it brings to others.
- Having time to be observant of our surroundings.
- Using Zoom, which brings a focused intimacy not necessarily found in a group. With Zoom, seeing and hearing issues are easily adjusted.
- Opportunities to be innovative and creative.

I hope these positives are not lost in the hustle and bustle of resuming “normalcy.”

—Alice Giles

The covid pandemic isolation encouraged our cluster to become better neighbors. No longer being Center-focused for activities and diversions, we became more neighborhood-

focused. We meet “in the Quad” for happy hours on nice days. With more time together, we forged common bonds as we shared diverse backgrounds. Our Cluster D planting areas are beautiful this spring, thanks to the many new residents with gardening interests. We shared plants and ideas. I believe that our cluster will keep a neighborhood focus as the campus opens up again.

—Mary Ellen McMillin



Photo by Marsha Howes

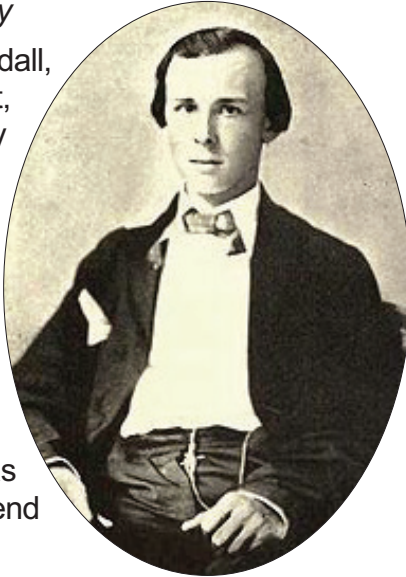
On October 29, 2020, my prospective and nearly complete Broadmead apartment in the new Upland building flooded, requiring three months of complete renovation, repair, and restorative treatment. How could this event possibly lead to positive results during a pandemic? Supply chain delays and interruptions made it clear that despite my reluctance to move twice, it was unavoidable. Thanks to Broadmead leadership, I moved into an unsold apartment with bare-bones possessions and a single suitcase. The positive silver lining that I experienced during the next eight weeks may be defined as the Quaker practice of centering. This engagement increased my focus and energy by providing relief from the stress of moving solo after 46 years of marital partnership.

—Betty Legenhausen

“The wrong song”

By Libby Champney

James Ryder Randall, a journalist and poet, wrote “Maryland, My Maryland,” a nine-stanza poem, in April 1861. A native of Maryland, Randall was teaching in Louisiana in the early days of the Civil War, and he was outraged when a friend of his was killed in the riot that broke out in Baltimore that year when Union troops marched through the city on their way to Washington. The poem articulated Randall’s Confederate sympathies, and the song, set to the tune of “O Tannenbaum,” was popular in Maryland and throughout the South. In 1939, “Maryland, My Maryland” was adopted as the Maryland state song.



James Ryder Randall, 1861

For decades, the song has been criticized as a Civil War era call to arms for the Confederacy, its opening line referring to Abraham Lincoln as a “despot,” and the last stanza describing Maryland as spurning “Northern scum.” In 2017, the University of Maryland marching band announced that it would no longer play the song at events. And although singing of the song was a tradition at the Preakness Stakes for more than a century, it was removed from the program last year.

After more than ten unsuccessful attempts, the General Assembly voted by large margins in March to repeal “Maryland, My Maryland” as the state song. State Senator Robert Cassilly, of Harford County, said that he had hoped to preserve the song by cutting its offensive parts, but realized it just couldn’t be done. “It’s the wrong song,” he said. On May 18, 2021, Governor Larry Hogan signed the bill, commenting that it was “a relic of the Confederacy that is clearly outdated and out of touch.”



Trail Day on May 7 was enjoyed by many residents, including Pam Felton and Sheila Fitzgerald, seen here on the Dogwood Trail. Photo by Kathleen Truelove



Robert Goren (left) and Cliff York prepare to hit the trails. Seen in the background are Bea Griffith (left) and Marsha Howes.

Furniture

Furniture and appliances for sale,
including scooters and rollators.
Donations are needed.

Contact Duffy Mathias for more
information or to place requests:
duffy99@flash.net or 410-960-7562

Parkinson's Reflection Group

2nd and 4th Tuesday of each month,
7:15 p.m. on Zoom.

The Zoom link is provided on Caremerge.
For more information, contact
Richard Truelove, 410-206-7892

First Monday Book Group

The First Monday Book Group will
reorganize in the fall when meeting
space in the Community Building
becomes available. Residents
interested in joining the group or
suggesting books for discussion
should contact Elsa Collins, x8231 or
elsacollins@gmail.com.

Voice of the Residents

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to editing, including for length. The deadline
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upcoming events is preferred to recaps of events
already held.

Corner Cupboard

Groceries for same day delivery can be ordered from the Corner Cupboard
Monday through Friday, 8 a.m. — 1:30 p.m. (Wednesday hours 8 — 11:30 a.m.).

Orders placed after that will be delivered the next business day.

Available items and prices are on Caremerge under Dining Services

To order, call 443-578-**8075** or email robink@broadmead.org